Jr. FFA Elect Officers

The Appomattox Jr. Chapter of the Future Farmers of America held their monthly meeting to elect a new slate of officers. They are as follows: Top row, Pres. Donnie Thornhill, Mike Reynolds, Ex. Comittee member, first vice pres., Herbert Pankey, Secretary Jack Smith, 2nd row: Chaplain Tye Beasley, Sentinel Bennett Paulette, second vice pres. Keith Coleman, Historian Joe Ford, 3rd row, Ex. Committee member Ken Belter, Reporter Jeff Harrison, Parlimentarian R. B. Carter. Bottom row: Treasurer Richard Blazer, Ex Committee member Ralph Ackers. Not shown Ex. Committee leader Steve Cawthorne.

Interest In Handicrafts Increasing

Blacksburg – A resurgence of interest in crafts on the part of many people today brings a reminder from Katherine Habel, assistant professor of clothing, textiles, and related art and an Extension home furnishings specialist at Virginia Tech, that all quality crafts share certain characteristics.

The characteristics include good workmanship, use of the best available materials, good design, and a wise choice of color. Delete any one of these essential ingregients and the quality of a craft declines sharply, said Miss Habel.

Good taste is involved in making or buying crafts for use in the home. Good taste denotes certain standard not what one happens to like or dislike, Miss Habel noted.

"You can improve your taste in crafts and craftsmanship by studying beautiful crafts made by others. Visits to craft shops, exhibits and fairs all help one become more knowledgeable in the field," she added.

If a person works long enough at a certain craft, using crafts as gifts or saleable items is a natural outgrowth. Homemakers with young children can produce crafts for sale at home. They can add to the family income while remaining in the home with their small children.

And, the therapeutic value of crafts has been demonstrated in working with the handicapped and the older citizen. Working with crafts is one creative use of leisure time. It is important, said Miss Habel, to prepare for retirement years while still young.

Travel on Virginia's major roads increased 5.9 per cent last year, and the interstate system, with 9 per cent of the mileage, served more than 32 per cent of the traffic, according to the State Department of Highways.

SKIPPY SAYS

Turn Baked Apples Into Americana Sundaes

Top a baked apple with ice cream and a peanut butter sauce and what do you have? A delightful bit of Americana. For the apple, we can thank Johnny Appleseed (actually John Chapman) who for more than fifty years traveled about the new territories of Ohio, Illinois and Indiana developing apple orchards and nurseries of fruit trees. Peanut butter credit goes to a St. Louis physician who hit upon it in 1890. Right or wrong Dolley Madison is noted for popularizing ice cream a good ninety years before the advent of peanut butter. Put them all together as a baked apple peanut butter sundae and you not only have an Americana taste treat but a nutritious slice of America.

While everyone has heard the expression "an apple a day keeps the doctor away," how many know the benefits of peanut butter? The St. Louis doctor who discovered peanut butter was looking for a nutritious easily digested high protein food for some of his patients. And that's just what peanut butter is, a nutritious high protein food that in addition is an excellent source of the B vitamin known as niacin. Team it with ice cream and an apple and it becomes a super dessert.

Baked Apple Peanut Butter Sundae: Core 6 medium cooking apples and peel the upper half. Place in a shallow baking dish. Mix together ½ cup light or dark corn syrup, ½ cup water, ½ teaspoon cinnamon; pour over apples. Bake in a 350 degree F. (moderate) oven about 1 hour or until apples are tender. Serve warm or cold topped with ice cream and Peanut Butter Sauce.

Peanut Butter Sauce: Stir together ¼ cup Skippy creamy or chunk style peanut butter and ⅔ cup light or dark corn syrup.

Environment Council Will Hold Public Hearings

RICHMOND – Pursuant to its legislative obligations, Council on the Environment will hold public hearings on the preliminary report of its Environmental Goals Task Force Nov. 30-Dec. 15 to allow citizens the opportunity to react to the report's proposals, and to suggest their own ideas for environmental goals for Virginia.

The report summarizes both present desired policies for the Commonwealth as indicated by eight task force committees. These committees sponsored discussions on: population growth; land use; economic growth and transportation; environmental education; energy; conservation and recreation; environmental health; and waste, emissions and effluents.

The task force membership consisted of civic, public and private organizations across the state.

Copies of the preliminary report will be distributed prior to the hearing and can be obtained by writing to the Council on the Environment, 8th Street Office Building, Richmond, Va., 23219. Dates and locations of the hearings are: Dec. 4th - Norfolk Public Library, Room A, 301 East City Hall Avenue, Norfolk, Va., at 10 a.m.; Dec. 4th -College of William and Mary, Campus Center, Williamsburg, Va., at 7 p.m.; Dec. 13th - Hotel Roanoke, Roanoke, Va. at 10 a. m.; Dec. 15th - George Mason College, Lecture Hall, Fairfax, Va., at 7 p.m.

In addition a representative of Council will accompany the governor and his cabinet at their public hearings which begin shortly.

Comments received at these hearings will be incorporated into a final edition. The Task Force Report will be submitted to the governor and portions of it will appear in the annual report of the Council on the Environment.

Kills His First Deer

Deer season opened in the county on Monday Morning, November 20th, and with the opening Thomas Lucado of Appomattox killed his first buck about 7:00 a. m. at the bottom of Piney Mountain. Lucado, pictured above, has been hunting for about ten years but had never before killed a deer, this one was a five-pointer.

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APPOMATTOX, VIRGINIA

...rs Of FHA Volleyball Tournament

...ment of a Volleyball tournament on Friday, ...ber 17 in the gym of the ...ville Elementary School. ...ve boys teams and ...ve girls teams took out of the tournament ...

...ENCES ...S FOR CAMP

...ary YMCA announces that it is ...tions for the ...Camp Bachelchi ...ent time released ...students who will ...camp's admin- ...Camp Bachelchi ...ion on Bugg's ...near Charlsville. ...ing and North ...and girls ...es of 6 and 15. ...sessions have ...hback riding, ...ing, swimming, ...ing, canoeing, ...and golf. Next ...ent range and skit ...ended to the ...two-week ...who are interested ...ing to Virginia ...at no additional ...trip to Nassau ...ing fishing and ...ing is being ...ter campers.

...ent camp, even- ...services are ...and on Sunday ...ended to attend a ...in the church ...Shirley Clarks- ...ation being ...the camp.

...programs range ...from dances to ...ies that have an ...vior, from hay ...of equipment ...campis skits by ...ds stunts by the

...ldcit is the only ...ms that has an ...swimmer on its ...ft the internat- ...ut has not been ...ft BFI, he will ...ts from one of the ...tories.

...ldcit has what it ...be the most ...way radio sys- ...camp in the ...ed at more than ...augments the ...provides emer- ...unications. Radios ...installed in camp ...trucks, and major

...ntral Communica- ...mission has issued ...ses for three ...stations. The ...quiet business ...ust the more well ...had.

...early registra- tion, the camp, is giving a free camp tee shirt to those boys and girls who sign up by November 30. Early registration is encouraged as the camp usually cannot accommodate all who apply.

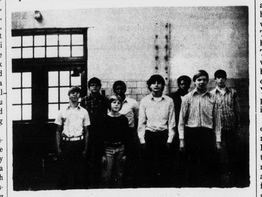
Administrative Staff Named

Carl D. Manfield will serve as camp director for his fifth year. He holds a M.Ed. degree from Springfield College and is recognized by the American Camping Association as a certified camp director. This will be his thirteenth year in YMCA camping.

Thomas F. Wade has been named assistant director. He holds a B. S. degree from Lynchburg College and is presently employed as director of physical education for all of the elementary and primary schools in Altavista, Virginia. He has worked with the YMCA previously as youth director. In addition to his work in the education field he is the owner of the Thomas F. Wade Driving School in Lynchburg.

Persons wanting additional information are urged to contact the camp's winter office in Lynchburg, Virginia

The girls participating in the FHA sponsored Volleyball Tournament who were on the winning team are, from left to right, Cindy Harris, Nancy Hoke, Kathy O'Brien, and Sharon Paulette on the front row. On the back row, standing from left to right, are Darlene Forrest, team Captain; Teresa Allen, Goldie Covington, Janice Snell, Carolyn Winston, and not pictured was Karen Chandler.



On the winner team for the boys Volleyball Tournament pictured above from left to right, front row, are Jerry Conner, Jeff Harrison, Tim Schweimer, and Steve Weakley, team captain. On the back row, from left to right, are Steve Cawthorne, Warren Lambert, Herbert Pankey and Larry Tweedy.

Virginia Grown Foods

(Editor's note: This is another in a series on consumer education by Don L. Long, Virginia Tech Extension economist.)

Blacksburg – Home grown good eating! You may, if you choose, have a meal fit for a king, using native Virginia-grown foods. Come to think of it, we may have several such feasts. It is truly amazing, when you sit down and list them, how many foods are native to Virginia.

Is it appetizers you want? Then, I will ask you what kind do you want? Oysters, apple or tomato juice, clams – all these and others come from Virginia. You will have no trouble working up an appetite with them on the table in front of you.

So, let's move along to the main meal. Some of the world famous Virginia foods available, for example Virginia hams and turkeys, are known wherever gourmets meet. There are others: pork, broilers, eggs and seafoods. Then you may add sweet and white potatoes, tomatoes, cabbage, applesauce and numerous other fruits and vegetables You will have no trouble planning a main course featuring Virginia foods.

How about dessert? What could be more Virginian or more American than apple pie? However, if you fancy something else, there are strawberries, ice cream, blackberries, and peaches. There is plenty from which to enjoy a real Virginian dessert.

Actually, all these foods are only a sample of what you could serve. When you think of all the foods grown or processed within the state, the list almost makes your head swim.

Probably, you will seldom if ever want to go all out and serve an all Virginia meal. Even then you will almost certainly end up serving some non-Virginia items, especially in the beverage department with coffee and tea (although these are processed in Virginia). Yet, it is amazing how varied and how tasteful Virginia foods are.

All this points out another matter of interest to us. The industry of agriculture, that vast complex of farms, processors, merchants and others who furnish us with our food, is a big and vital force in our individual, community and state life. It furnishes us with the food and clothing we need and enjoy so much.

Yet, it also does much more. The industry of agriculture provides jobs by the thousands in Virginia and through the taxes it pays and jobs it provides, helps run community and state governments. It is a vital force in Virginia life.

CAUTION! DEAD END IF YOU DRINK • DRIVE

Improve Lighting In Mobile Homes

Blacksburg – Well designed lighting can add a sparkle to a mobile home just as it does to any environment according to Mrs. Mildred A. Payne, an Extension specialist in home furnishings at Virginia Tech. It can enhance the atmosphere and even add apparent size to your rooms.

Mrs. Payne stated that some mobile home manufacturers have done a good job in improving the lighting in their units. Some of the improvements include fluorescent fixtures under kitchen cabinets to supplement lighting of the work surface beneath. Improved fluorescent fixtures in the ceiling of the kitchen have also helped to make the kitchen a more pleasant place in which to work.

Wall and window lighting in the living room will do a great deal to help "push back the walls", and make the living area appear larger, Mrs. Payne continued. Since many mobile home interiors are paneled with a dark wood finish, more light is needed, the Virginia Tech home economics assistant professor warned.

"Don't get carried away with the decorative lamp hanging in the corner, for that is all it is intended for – decoration. A more functional source of light is needed to give the room an inviting appearance as well as to provide light for seeing. Even with good lighting sources built in, additional lamps are usually needed for reading, and for flexibility."

The bathroom is another place to look for lighting improvements, she noted. Adequate light provided overhead as well as on the sides of the mirror make grooming easy and pleasant.

"Bedrooms, too, have special lighting needs. Each bedroom should have a ceiling fixture and preferably a light switch by the bed," she said.

"Simple improvements often can be made in existing mobile homes by changing bulb types, shields, or entire fixtures. But the expense and bother may be avoided by looking for improved lighting when selecting a new mobile home," Mrs. Payne concluded.

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